



Kaizen Karate @ Poolesville Elementary School

KARATE

This Karate program offers safe, structured training that teaches students the proper form, style and technique. Classes are tailored to student's individual needs and help them to grow to their fullest potential. Karate not only focuses on instruction, but also provides valuable lessons related to respect, discipline, motivation, self-control, confidence and continual improvement.

GRADES: K- 5th

DAY: Thursday

TIMES: 3:35PM – 4:35PM

COST: \$160

CLASS DATES:

Sept. 27 Oct. 4,11,18,25 Nov. 1,8,15,29 Dec. 6

NO CLASS: 11/7 & 11/21

Make-up date if needed: Dec. 13

RUN CLUB

Teaches proper running techniques and basic running fundamentals. Warm ups, stretches, drills, and games are designed to help develop student's speed and endurance. Designed to provide a fun, safe environment for students that will engage in distant running.

GRADES: K- 5th

DAY: Tuesday

TIMES: 3:35PM – 4:35PM

COST: \$160

CLASS DATES:

Sept. 25 Oct. 2,9,16,23,30 Nov. 20,27 Dec. 4,11

NO CLASS: 11/6 & 11/13

Make-up date if needed: Dec 18

YOGA

Develops focus, flexibility, strength, and coordination through yoga poses, stories, songs, drawings, and games. Classes enhance energy while teaching children how to remain calm and centered. Children learn basic movements in a fun, relaxed setting. Benefits increase patience, posture, confidence and self-esteem. Poses are learned individually, with partners, and groups.

GRADES: K- 5th

DAY: Tuesday

TIMES: 3:35PM – 4:35PM

COST: \$160

CLASS DATES:

Sept. 25 Oct. 2,9,16,23,30 Nov. 20,27 Dec. 4,11

NO CLASS: 11/6 & 11/13

Make-up date if needed: Dec 18

REGISTRATION INFORMATION

To register for classes, please visit

www.KaizenFitnessUSA.com

- Click the red "REGISTER FOR CLASSES" on the Home page.
- This brings you to our Registration Page.
- Click the red "Register Online" button.
- This will bring you to our login page, where you will need to click the "Create an Account" link located below the login box.
- Once your account is created, you can browse the classes and register.
- When you create an account you are setting up your profile, and will also have the ability to add others to the account, so that everything stays organized and registering the entire family for any of our classes is a breeze.

P.O. Box 221, Spencerville, MD 20868 •301-938-2711
vivian@kaizenkarateusa.com •www.KaizenFitnessUSA.com



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